

Affirmation for Morning Gratitude

Print out this one page, repeat it over and over, daily and with emotion, so that your subconscious knows this is true for you!

I start my day with gratitude.

I begin each day with a feeling of love and thankfulness in my heart. I avoid the negative thoughts that bring my day down to a harmful level.

I see each new day as a chance to say thank you to the universe.

I count the blessings that surround me and fill my life.

I appreciate the people who make my life easier and better. I am thankful for my friends and family every morning.

I am grateful for my home, neighborhood and relationships. I am happy I can connect with nature, people, and animals. I see how others suffer around me, and I focus on love.

Gratitude fills my spirit, and my joy increases.

My morning is complete because gratitude occupies my thoughts.

I use my morning to appreciate my life and accomplishments. I reflect on my experiences, past and present. I make plans for the future to help my retired lifestyle. I focus on ideas that uplift all of us and help us reach new goals.

Today, I begin my morning with gratitude, peace, and love in my mind. I see how my attitude affects my entire day, so my morning is a time of reflection.